



Recommendations For Wellness Policies In Utah Schools



Gaining community support for healthy schools Elementary and Secondary Schools

- Establish a wellness committee to write, implement and evaluate physical activity and nutrition policies using accompanying materials in order to comply with the Child Nutrition Reauthorization Act which requires wellness policies to be in place in each district that receives school meal funding by Fall 2006.
- Establish a wellness committee at the school district level that includes school administrators, food service administrators, school board members, health and physical education teachers, other teachers, parents and students.
- Encourage schools to use the Utah Gold Medal School Program (<http://www.hearhighway.org>), which provides guidelines, resources and incentives to schools that makes changes in physical activity and nutrition, and the Healthier US program (<http://www.fns.usda.gov/tn/HealthierUS/index.htm>) which improves the nutrition quality of school breakfast and lunch programs.
- Restrict fund-raising activities that rely on the sales of unhealthy foods and encourage those that incorporate physical activity.
- Establish recommendations for wellness promotion to staff, teachers, administrators and parents so they can serve as role models for health.
- Include a yearly evaluation of the wellness policies, identifying implementation rates, results and plans for additional recommendations.

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For more information and
supportive research see the
accompanying materials or go to
www.ActionForHealthyKids.org